

Benefits of Propolis



Propolis is Greek for *PRO* "in defense of" + *POLIS* "city". It allows what heals and protects while preventing that which does not.

Propolis is used to

- Protect bee health by inviting beneficial but blocking deadly microbes: viral, bacterial and fungal.
- Help hives obtain and keep ideal heat and humidity conditions by changing the shape of their hive openings.
- Line cells the queen will lay eggs in.
- Mummify dead animals such as mice that sometimes die in hives.

Where does propolis come from?

Bees collect sap (resin) from the barks of conifers like pines and spruces, as well as from the buds of poplar, willow, birch, horse chestnut, oaks, ash and plum to name a few. Trees produce sap in part to protect them from insect and microbe damage.

Bees add highly probiotic saliva to moisten the sap, then carry it back to the hive on their legs, just like pollen.



What's in Bee Propolis?

Propolis is very complex chemically. Flavonoids are abundant in propolis. Apart from that you will also find kaempferol, apigenin, pinocembrin, galangin, luteolin, pinostrobin and quercetin, all of which are anti-inflammatory, antiallergenic, antioxidant and/or antimutagenic.

Propolis is also rich in the caffeic acid phenethyl ester. This is a substance that was shown to inhibited cancer growth and reduced inflammation studies done to animals.

Bee propolis also contains organic acids and their derivatives as well as terpenoids. These constituents contribute antibiotic, anti fungal and antiviral effects.

Compare propolis to antibiotics.

Antibiotics kill bacteria in our body including beneficial ones the body needs. Beneficial bacteria are required for our bodies to make vitamins B and K, for 3example.

The more antibiotics you use, the more friendly bacteria will you kill.

Propolis raises the body's natural resistance by stimulating one's own immune system. It also adds vitamins like B1, B, C, E and essential minerals including iron, aluminum, manganese and silicon to the body.

Combining antibiotics **with** propolis can increases the effect of the drug from 10 to 100 fold.

Health benefits of Propolis: How medical science confirms ancient wisdom.

Improves Immune System

Professor S. Scheller, the head of a team of four doctors at the Institute for Microbiology at the Medical Academy in Poland found that propolis is able to stimulate the immune system.

It stimulates the formation of antibodies to build body resistance to many diseases. It also help the body in releasing substance against cellular deterioration.

He also concluded that other propolis health benefits may include improved physical , intellectual and sexual performance and makes injured tissue heal faster.

Treats Burns

Another benefits of propolis is in treating second degree burns. Research showed that propolis cream gave about the same result as currently prescribed cream.

However, propolis cream reduce patient's inflammation and lead to a faster healing.

Various studies have confirmed that propolis stimulates enzyme systems, cell metabolism, circulation, collagen formation and improved healing of burn wounds.

It is believe to be a result of a substance called arginine.

Potential Cancer Drug

A report published in the Cancer Research (Sep 15,93;53 1482-88) stated that caffeic acids in propolis might help prevent colon cancer. The article described how these caffeic acids were able to prevent the formation of pre cancerous tissues in rats after the animal were exposed to cancer causing chemicals.

Another study done in 1990 showed propolis chemicals to act against ovary cancer in hamster and sarcoma-type tumors in mice.

Bowel Problems

Propolis can also benefit patients suffering from inflammatory bowel problems like Chron's disease and ulceration colitis.

In June 2001, Dr. Ralph Golan reported how ulceration colitis responded well to propolis therapy. This was reported in his article published in Townsend Letters For Doctors.

Dental Care

Another benefit of bee propolis is in dental care. Propolis mouthwash used after an oral surgery appears to shorten the healing time. A study done in 1991 showed that rats given propolis in their drinking water got less caries compared to other rats.

Another study done in 1986 proposed propolis as a valuable subsidiary treatment for gum infection and plague.

It is also used in dental surgery as natural and safe disinfectant.

Protects the Liver

Two studies done in 1986 and 1987 showed that another benefits of propolis is in protecting liver. It was shown to be effective in protecting liver against alcohol and tetrachloride.

Improves Antibiotic Effectiveness

Australian scientists, E.L Ghisalberti of the Department of Organic Chemistry at the University of Western Australia showed that propolis increases the effectiveness of penicillin or other antibiotics from 10 to 100 folds.

The combination of these drugs and propolis can cause the drug dosage to be trimmed down. In conclusion, this discovery will will cause less side effects of antibiotics and lower the over dependency on antibiotics by doctors.

Increased Fertility

One isolated study had tested the benefit of propolis on women with infertility and endometriosis. The study indicated that consumption of 500mg of propolis twice daily resulted in pregnancy rate of 60% as opposed to 20% for women not given propolis.

It is still unclear how propolis would give this effect.

Veterinary Applications

Propolis offers some benefits to breeders by improving weight gain and reduce diarrhea in their animals.

A study done in 1987 showed that 5 ml of propolis solution given to milk-fed calves archived the above results.

Studies done to rabbits have also showed that propolis treated coccidiosis and eimeria. It also is beneficial in treating mastitis.

Other medical benefits of propolis

Studies done in rats and mice showed that concentrated propolis given to the animals reduces blood pressure, produces sedative effect, protects the liver and stomach against tetrachloride and ulcers. All these are achieved without any side effects.